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ABSTRACT

This course outline is a guide for teaching the principles and fundamentals of softball in grades 7-12. The course format includes lectures, skills practice, films, game situations, class tournaments, and tests that focus on mastery of skills, understanding rules, development of techniques using team strategy and tactics, and class competition. Course content includes the following: (a) history of softball; (b) terminology; (c) description of game; (d) playing courtesies; (e) social and ethical values; (f) care and selection of equipment and area; (g) safety procedures; (h) rules and regulations chart; (i) techniques and fundamentals; and (j) strategy and tactics. Learning activities include warm-up exercises, lead-up games and variations, drills, and skills practice techniques. Resources for teacher and students are recommended. A skill test is outlined. (A five-item bibliography is included.) (PD)

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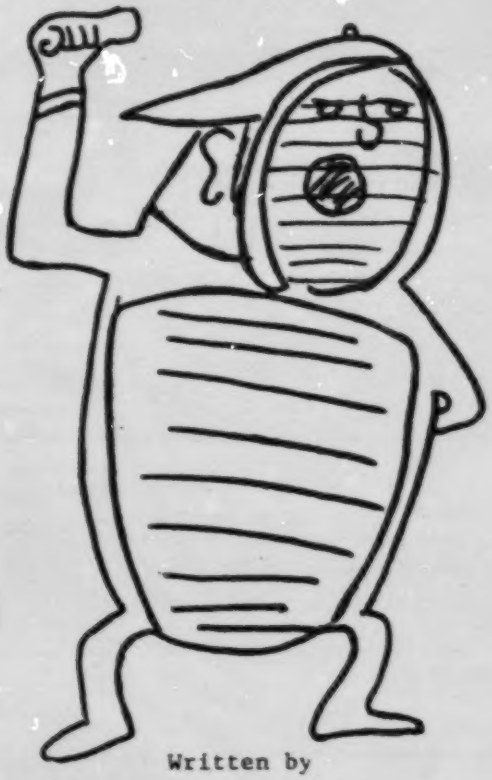

Written by

Betty Wilkie

For The

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Dade County Public Schools

Miami, Florida

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FAST PITCH SOFTBALL

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A. Student Classification: Boys or Girls
B. Grade Level: 7-12
C. Level of Performance: Beginning
D. Suggested Prior Experiences: None
E. Subject Status: Elective
F. Length of Unit: 9 weeks

II. COURSE DESCRIPTION AND ACCREDITATION STANDARD ROAD COAL

Junior High: 9.8416 (1) a,c,d,i,j
Senior High: 9.9420 (1) d

A. Description

The softball unit is designed to teach the principles and fundamentals of softball in order that students attain a sufficient level of skill and understanding to enjoy the sport in a class, spectator or leisure time situation.

B. Methods and Evaluation

The course will consist of lectures, practice of skills presented, viewing of films, game situations, class tournaments, and written and skills tests.

C. Areas of Concentration

Class periods will be devoted to the mastery of skills, understanding of the rules of softball, development of techniques using team strategy and tactics, and opportunity to play in class tournaments.

III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

A. Observation Skills Objective: 40% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) e,g
   Senior High 9.9420 (2) i

   All students will demonstrate ability in softball skills, strategy, and tactics which will be practiced and developed in class periods by means of game play and drill activities. The majority of students will display sufficient ability to play in a game situation and will be measured by competencies described in the identification of each skill listed in the course content. Each student's progress and performance in the skills listed below will be evaluated by teacher judgment, by observation, checklist, and/or annotation.

   a. Throwing

   b. Catching

   c. Batting

   d. Base running

   e. Basic strategy

   f. Basic teamwork

2. State Accreditation Standard: Junior High 9.8415 (2) f,g
   Senior High 9.9420 (2) k

   At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-f.

B. Skills Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) e,g
   Senior High 9.9420 (2) i

   All students will participate and be rated in at least three skills tests and the majority of students will achieve an average or better score. These tests will be set up and administered according to the scoring and procedure specifications listed in Section VI or other authoritative sources.

a. Distance Throw

b. Base Running

c. Fungo Batting

d. Repeated Throws

e. Accuracy Throw

2. State Accreditation Standard: Junior High 9.8416 (2) f,g
Senior High 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-e.

C. Course Content Knowledge Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) e,g
Senior High 9.9420 (2) i

All students will respond in writing to a test in softball and the majority of students will achieve an average or better score. This test will represent 20% of the unit grade and will be based on the Softball Quinmester Unit course content and class discussions, and will include some questions in all of the following areas:

a. History

b. Safety procedures

c. Rules of play

d. Terminology

e. Correct care and use of softball equipment

2. State Accreditation Standard: Junior High 9.8416 (2) f,g
Senior High 9.9420 (2) k

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-e.

D. Social and Personal Attitudes Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) e,g
Senior High 9.9420 (2) i

Social and personal attitudes displayed by all students will be evaluated by observation, checklist, and/or annotation by the teacher throughout the entire unit, and it will represent 20% of the unit grade. The teacher will motivate an atmosphere wherein the majority of the students will respond to this development and exhibit desirable behavior. This evaluation will be based on the following social and personal attitudes:

a. Alertness to class procedure and activities

b. Fairness to other students and teacher

c. Good sportsmanship

d. Emotional control

e. Consideration of others

f. Playing courtesies

g. Team work

h. Willingness to participate regardless of degree of skill

2. State Accreditation Standard: Junior High 9.8416 (2) f,g
Senior High 9.9420 (2) k

At least 75% of the students are able to demonstrate the profiencies listed in 1. a-h.

IV. COURSE CONTENT

(This section may be duplicated for distribution to students.)

A. History of Softball

Softball was patterned after baseball and the games as they are played today are of American origin. In 1887, George Hancock of the Farragut Boat Club in Chicago, was credited with originating softball by volunteering to invent an indoor game of baseball. The game was played with boxing gloves and brooms. In 1900, Lewis Rober originated Kitten Ball. In 1921, H. A. Johnson modified Kitten Ball and named it Diamond Ball.

The game was first called softball in 1921 but was not officially adopted until 1932. The National Recreation Association standardized the rules in 1934.

The Amateur Softball Association was formed by Leo Fisher and in 1934 sponsored its first National Tournament which attracted one thousand teams. Softball has now expanded to over five million participants and many supporters.

B. Terminology

1. Appeal play. A play that is not ruled upon by the umpire until requested to do so by a player.

2. Assist. A play where a player is helped by other players to make an out.

3. Bag. Term used when referring to first, second or third base.

4. Baserunner. A batter who makes it to first base without being put out.

5. Batter-baserunner. A player who is on the way to first base.

6. Batter's box. A rectangle drawn on either side of home plate in which the batter must stand.

7. Battery. The catcher and pitcher.

8. Blocked ball. A ball which is batted or thrown that comes in contact with a person or object which is not part of the equipment or playing field.

9. Bunt. A method of hitting the ball just over home plate; there is no backswing or follow through.

10. Catcher's box. A specified area behind home plate where the catcher must stand to receive the pitch.

11. Coach. Batting team members who position themselves in the coach's box next to first and third bases and instruct the runners.

12. Courtesy runner. A player who after receiving the okay from the opposing coach or captain replaces a teammate on base. This is not an entry or removal officially.

13. Crowding the plate. A batter in the batter's box who stands as close to the plate as possible.

14. Dead ball. A ball not in play.

15. Diamond. The playing area inside the bases.

16. Double. A hit which enables a player to get to second base.

17. Double play. Play by the fielding team which puts two runners out.

18. Error. An avoidable mistake by the fielding team which profits the opponents.

19. Fair ground. The area included in the baselines plus the area in between the imaginary lines that continue from the first and third baselines.

20. Fair ball. A batted ball hits and settles in fair territory in the infield; that is foul but settles before reaching first or third base; hits fair in the outfield; touches a base; or touches players or officials in fair territory.

21. Fielder. A player on the team in the field.

22. Fielder's choice. A situation where a fielder decides to put out a baserunner instead of the batter-baserunner.

23. Fly ball. A ball hit into the air.

24. Forced. A runner who must advance because the batter is becoming a baserunner.

25. Force out. A ball being thrown to the base of an advancing baserunner who is forced to advance.

26. Foul ball. A batted ball that hits and settles in foul territory; that is fair but settles foul before reaching first or third base; hit foul in the outfield; or touches players or officials in foul territory.

27. Foul tip. A ball that is hit and goes directly into the catcher's mitt off the bat.

28. Ground rule. A rule that comes into existence because of an unusual situation concerning the playing field.

29. Home run. A four base hit.

30. Illegal pitch. A pitch that violates a rule of pitching.

31. Infield. The part of the playing field that is inside the baseline and includes the bases.

32. Infield fly. A fair hit in the air that is not a line drive or bunted fly that can be played by the players in the infield.

33. Inning. Both teams turn at bat.

34. Overthrow. A thrown ball that goes into foul territory instead of to the intended fielder.

35. Passed ball. A legal pitch that should have been caught by the catcher.

36. Pinch-hitter. A player who bats in place of another player but will not necessarily play the field. The replaced player retires from the game and a replacement is recorded for the pinch-hitter.

37. Rubber. The pitcher's plate.

38. Run-down. A baserunner who is trapped between fielders, one of whom has the ball.

39. Sacrifice. A play where the batter puts himself in danger of being put out to advance a baserunner.

40. Single. A hit which enables a player to get to first base.

41. Slide. A technique used by the baserunner to get under the tag.

42. Strike zone. The area over homeplate that extends from the batter's armpit to the top of his knees.

43. Texas Leaguer. A batted ball that goes over the infielder's head but falls short of the outfielders.

44. Time. A call for suspension of play.

45. Three foot line. A path for the baserunner between bases where the runner cannot go outside of to avoid being tagged.

46. Walk. Four balls called to a batter which enables him to go to first base without the liability of being put out.

C. Description of Softball

Softball is played between two teams of nine players. The object of the game is to outscore your opponent in runs during the seven innings of official game time. A run is scored each time a batter becomes a baserunner and touches each base and home plate in succession without being put out and before the third out is made. The team is made up of the pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, center fielder, and right fielder. The teams take turns at bat and in the field. The team fielding is the defensive team and the team batting is the offensive team. The offensive team tries to score runs while the defensive team tries to make three outs.

D. Playing Courtesies

1. Assume an attitude of fairness.

2. Correct errors made by teammates by helping them not by fussing at them.

3. Control emotions.

4. Don't heckle the opposing pitcher.

5. Congratulate opponents at the end of a game.

6. Remember the umpires are in charge of the game; respect their judgement.

E. Social and Ethical Values

1. Softball is a valuable leisure time activity which can be played coeducationally, girls, boys, or in a family gathering.

2. It promotes team work.

3. It is a highly adaptable game for fast or slow activity, for young, old, fat or thin, and beginners or extremely skilled players.

4. As skills increase it becomes an excellent means for building endurance, power and coordination.

F. Care and Selection of Equipment and Area

1. Equipment - Selection and care

a. Balls. The softball measures between 11 7/8 and 12 1/8 inches in circumference and weighs between 6 and 6 3/4 ounces. The outside of the ball is smooth of cowhide leather.

b. Bats. The bats are constructed of hard wood that may be no longer than 34 inches or more than 2 1/8 inches in diameter. Official bats must have a safety grip of at least 10 inches. New aluminum bats are also acceptable.

c. Gloves and mitts. The catcher wears a mitt which is heavily padded with a deep pocket. The first baseman wears a mitt or claw which is less heavily padded and more flexible. The rest of the players wear gloves with the separate fingers. The gloves are made of soft horse, cow or elk hide.

CLAW

MITT

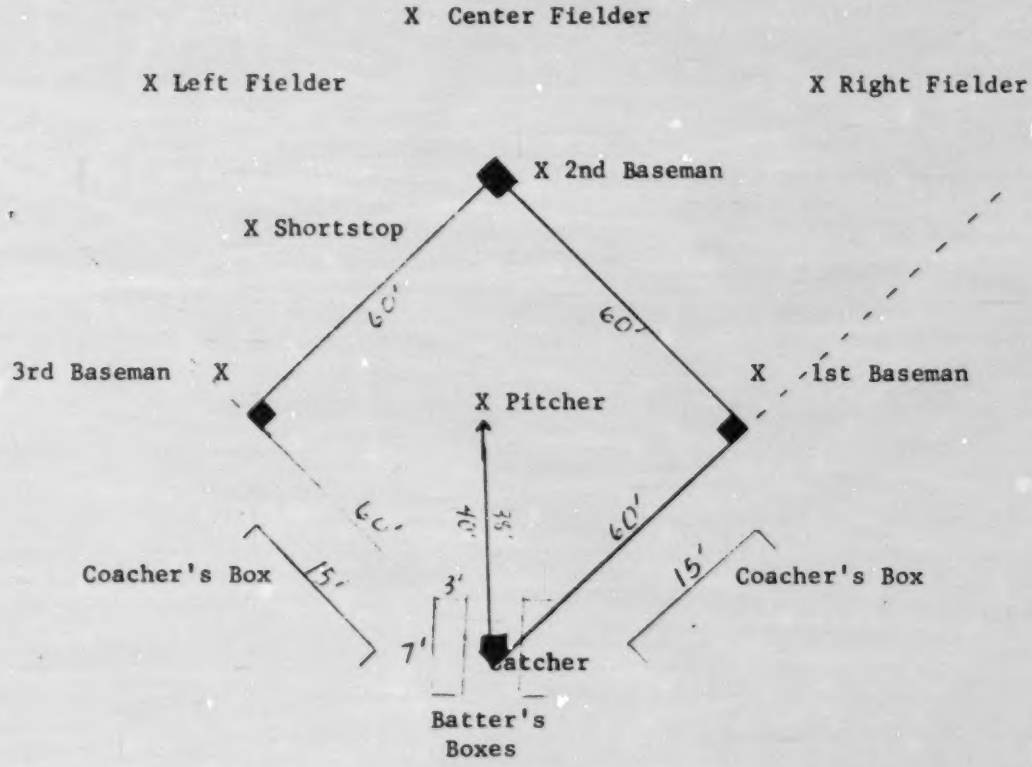
GLOVE

d. Masks and body protectors. This equipment is worn by the catcher and plate umpire. The wire mask is padded with sponge rubber around the face and the body protector is made of kapok covered with canvas.

e. Plate and bases. Home plate is five sided and made of rubber or wood. The bases are square and made of canvas or rubber.

f. Care of equipment. Bats should be stored in a dry room after they have been wiped, rough edges sanded, and treated with linseed oil. Leather balls should not be used on a wet field and should be stitched as soon as they split. Gloves, masks, and body protectors should be hung for drying after being cleaned and treated with neat's foot oil. The plates and bases should be placed in a cool place and stored flat after being brushed and reshaped.

2. Area



G. Safety

1. The first baseman and catcher should wear mitts and the other players should wear gloves.

2. Injuries to the finger can be lessened by knowing how to catch the ball and keeping the eyes on the ball.

3. Players should remember to keep the trade mark facing them and never use a cracked or weakened bat.

4. Players should never sling the bat.

5. Players should be taught to slide properly and use it only when necessary.

6. Players should "call" the ball to indicate his intentions and avoid collisions.

7. The catcher must wear the mask and body protector.

8. Home plate and the bases should be attached to the ground properly.

9. The area around home plate should be smooth for good traction.

10. Bats that are not being used should be moved from the playing area.

11. The playing area should be free from holes, ridges, or other irregularities.

12. Proper uniforms, including caps, must be worn by all players.

H. Rules and Regulations Chart

GAME SITUATION	BATTER	BASERUNNER
1. Good pitch in strike zone		
a. did not strike	STRIKE	may run W.L.*
b. missed strike	STRIKE	may run W.L.
c. missed strike, batter hit by ball	STRIKE	can't run W.O.L.**
d. did not strike, batter hit by ball		
1. batter tries to avoid ball	GO TO 1st	can't run unless forced
2. Batter does not try to avoid ball	STRIKE	can't run
2. Legal pitch not in strike zone		
a. did not strike	CALLED BALL	may run W.L.
b. missed strike	STRIKE	may run W.L.
c. fourth ball not called a strike	GO TO 1st	may run W.L. unless forced
3. Third strike rule		
a. catcher caught pitch	OUT	may run W.L.
b. pitch not caught		
1. no one on 1st	MAY RUN TO 1st W.L.	may run W.L.
2. one or less outs	OUT	may run W.L.
3. more than one out	MAY RUN to 1st W.L.	may run W.L.
4. Foul balls		
a. not caught		
1. one or less called strikes	STRIKE	can't run
2. two strikes	NO CALL	can't run
b. foul fly caught	OUT	may run after tagging W.L.
c. foul tip	STRIKE	may run W.L.
5. Bunts		
a. fair bunt	MAY RUN TO 1st W.L.	may run W.L.
b. foul bunt		
1. one or less strikes	STRIKE	can't run
2. two strikes	OUT	can't run
6. Fair hit ball		
a. not a caught fly	MAY RUN TO 1st W.L.	may run W.L.
b. caught fly	OUT	may run after tagging up W.L.

*W.L. - may run with liability of being put out
**W.O.L. - may run without the liability of being put out

GAME SITUATION	BATTER	BASERUNNER
7. Infield fly rule comes into effect	OUT	may run after tagging up W.L.
8. Fair hit ball		
a. touches or is caught by a fielder after hitting the ground	MAY RUN TO 1st W.L.	may run W.L.
b. touches umpire in fair territory		
1. before being touched or going by a fielder other than pitcher	MAY RUN TO 1st W.O.L.	can't run unless forced
2. after being touched or going by a fielder other than pitcher	MAY RUN TO 1st W.O.L. AND GO ON W.L.	may run W.L.
c. touches umpire in foul territory	MAY RUN TO 1st W.L.	may run W.L.
d. touches baserunner		
1. before being touched or going by a fielder other than pitcher	MAY RUN TO 1st W.L.	runner hit is out others can't run unless forced
2. after being touched by a fielder or pitcher or going by a fielder other than the pitcher	MAY RUN TO 1st W.O.L . AND GO ON W.L.	may run W.L.
9. Illegal pitch	BALL	may run one base W.O.L.
10. Delay of game by pitcher	BALL	may run one base W.O.L.
11. Delay of game by batter	OUT	may run W.L.
12. Batter switches boxes as pitcher is ready to pitch	OUT	can't run
13. Batter steps outside batter's box with one or both feet		
a. misses strike	STRIKE	may run W.L.
b. hits the ball	OUT	can't run
14. Players bat out of order		
a. noticed during that batter's turn	CORRECT PLAYER BATS AND TAKES COUNT	can't run

GAME SITUATION	BATTER	BASERUNNER
b. noticed after that batter's turn and before next batter	THE PLAYER WHOSE TURN IT WAS IS OUT AND WRONG BATTER'S RECORD STANDS	must go back to base occupied when wrong batter batted; all runs do not count
c. noticed after next batter has received his first pitch	WRONG BATTER'S TURN COUNTS	runs scored and bases taken stand
15. Fielding		
a. Ball thrown to 1st before batter arrives	OUT	may run W.L.
b. player touches runner who is off base		player off base is out; others may run W.L.
c. overthrows		
1. not obstructed		may run W.L.
2. obstructed		may run one base W.O.L.
d. passed ball		
1. obstructed within 25' of home plate		may run one base W.O.L.; and other bases W.L.
2. not obstructed with 25' of home plate		may run W.L.
16. Baserunning		
a. does not touch a base (appeal play)		out if tagged or ball held on missed base
b. leaves base before fly is caught (appeal play)		out if tagged or ball held on vacated base
c. leaves base too soon		offending runner out; others must return
d. baserunner forced to run by batter running to base		out if tagged or ball is held on up coming base
e. player overruns first		
1. turns left; does not attempt second		can't be tagged out
2. turns left; attempts second (appeal play)		may be tagged out if caught off base
f. player runs beyond 3' path to avoid tag		out

I. Techniques and Fundamentals

1. Catching. The body position to catch a thrown or batted ball is: knees flexed, body in line with the oncoming ball, hands relaxed and cupped, and eyes on ball until caught. If the ball is hit over the fielder's head, it is best to turn and run looking over the shoulder for the ball. To field a grounder, keep your eye on the ball and move the body in line with the ball hoping to catch the ball on the hop.

   a. Catching ball over the head

      1. Thumbs together

      2. Give with impact of ball

      3. Clamp hands securely on ball

   b. Catching ball at waist level

      1. Heels of hands together

      2. Give with impact of ball

      3. Clamp hands securely on ball

   c. Catching ball below the waist

      1. Hands are pointed down with small fingers together

      2. Give with impact of ball

      3. Clamp hands securely on ball

2. Throwing. The grip on the ball is called a tripod grip and is accomplished by placing the thumb and first two fingers in a tripod position. The thumb is underneath the ball and the fingers are spread comfortably on top of the ball with the third and fourth finger resting on the side of the ball. A forward stance position is assumed with the opposite foot of the throwing arm forward. The weight during the act of throwing is transferred from the rear foot to the forward foot.

   a. Overhand throw - usually for distance - page 20a.

1. Wrist cocked and placed opposite the ear

2. Elbow away from the body and parallel to the ground

3. Wrist leads arm in act of throwing

4. Wrist is "snapped" as ball is released

5. Opposite arm moves in opposition to the throwing arm

6. Foot transfer is the same as above

b. Sidearm - usually used after fielding a grounder

1. Wrist cocked and held below the waist

2. Body bent and over the throwing arm's leg

3. The forearm and wrist are whipped sideways below the waist

4. Wrist is snapped as ball is released

c. Underhand throw - usually used for a short throw

1. Ball is held below the waist

2. Thumb is on top of the ball and fingers below

3. A short backswing is taken before the wrist is snapped

4. Follow through is in the direction of the intended fielder

3. Pitching. This is a highly individualized skill. The pitcher begins by standing on the rubber squarely, facing the batter and holding the ball in front of the body with both hands. The pitcher must assume this position for a minimum of one second and not more than twenty seconds - page 20b.

a. Basic pitch

1. Ball held in tripod grip, fingers along seams

2. The arm circles downward and backward with a full backswing

3. Pitcher may take only one step before delivering the ball

4. The delivery must be underhand

5. The wrist may not be any farther from the body than the elbow

6. As the arm comes through in line with the pitch, the elbow is straight and the ball rolls off the fingertips

7. Power is obtained from the backswing, elbow extension, and wrist snap

b. Drop ball - advanced pitch

c. Rise ball - advanced pitch

d. Outcurve - advanced pitch

e. Incurve - advanced pitch

4. Batting. This is the most important offensive skill of the team.

a. Grip - right handed batter - page 20c.

1. Left hand placed a few inches above the end of the bat

2. Right hand placed above the left and touching it

3. Grip is firm not tense

4. The second joints of the right hand are aligned with the knuckles of the left hand

b. Stance - right handed batter - page 20d.

1. Feet spread comfortably apart in batter's box

2. Knees are relaxed in support of upper trunk

3. Bat is held up and back with the left elbow almost straight

4. Right elbow is pointing toward the ground and away from the batter

5. The batter looks over the left shoulder at the pitcher

c. Bunting - a technique that places the ball down - page 20e. the first or third base line by tapping the ball

1. It is a deceptive hit so the normal batting stance should first be assumed

2. After the pitched ball is released the batter should pivot in the box and face the pitcher

3. The feet will be side by side facing the pitcher

4. The right hand slides up and behind the middle of the bat

5. The bat is in front of the player and parallel to the ground

6. The ball is blocked by the bat and the head of the bat is turned in the direction of the bunt

d. Base running

1. Batter starts the first stride to first as the ball is hit

2. The strides to first should be short and the arm action vigorous

3. First base should be tagged while the runner is at full speed

4. While standing on base, leave only one foot on the bag and assume a sprinter's position ready to leave as soon as the ball is pitched

5. Baserunner should leave her left foot on the bag so the infield can be seen

6. In anticipation of a hit, the baserunner can take a lead, a few steps from the base, but must return before the next pitch

J. Strategy and Tactics

1. Offensive strategy - batting and baserunning

a. Batting order

1. First batter is one who can get on base

2. Second batter is a fair hitter and bunter

3. Third batter is a consistent hitter

4. Fourth batter is the strongest and best hitter

5. The seventh, eighth, and ninth batters are the weakest hitters

b. Place hitting - usually a low hit ball through second is a base hit although not advised if there is a runner on first base

c. Bunts and sacrifice flies - used to advance runners on first or first and second when there are no outs or to score a runner from third. The play usually results in an out for the batter.

d. Baserunning

1. Run as fast as possible to first base and overrun the base turning into foul territory with the idea of going to second kept in mind

2. Try to avoid sliding, instead try to teach runners to stop short on second and third

3. Do not lead off a base until the pitcher releases the ball

4. Always take a lead on a fly ball remembering, however, that the runner must tag up if the ball is caught

5. Runners should advance on wild pitches, overthrown bases, and pitches dropped by the catcher

e. Double steal - attempted when there are runners on first and third with one or less outs. The runner on first makes a move toward second trying to force the throw there. If sucessful, the runner on third runs to home. If no throw is attempted, the runner on first should go to second while the runner on third remains.

Figure a
OVERHEAD THROW

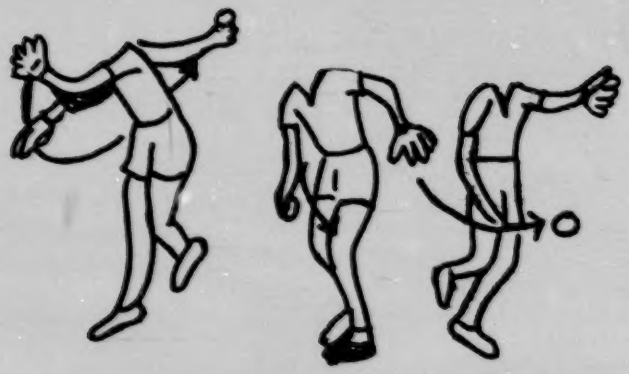


Figure b
BASIC PITCH

Figure c
BATTING GRIP
(Right handed batter)

Figure d
BATTING STANCE AND SWING
(Right handed batter)

Figure e
BUNTING POSITION
(Right handed batter)

f. Hit and run - the coach signals to the batter and baserunner that the next pitch will be hit and this gives the baserunner extra seconds to run to the next base. Effort is made to hit a ground ball.

g. Squeeze play - in trying to score a runner from third, a signal is given to the batter and runner that a bunt down the first baseline will be attempted and the runner is to start home with the pitch.

2. Defensive strategy - individual skill and team work

a. Normal playing positions and area responsibilities (see diagram on page 22)

b. Positions with runners on base

1. Runner on first and a hit to shortstop - shortstop fields the ball and throws it to second where the second baseman tags the base and throws it to first for a double play

2. Infielders usually play outside the baseline unless a bunt is suspected then the first and third basemen pull inside the baseline

3. When there is a runner on first, the first baseman should play close to the base and the second baseman should play closer to first with the shortstop playing second

4. If the hitting batter is unknown, the position in the batting order may be some help

5. The infielders should shift their positions to cover the area that the batter is known to hit to

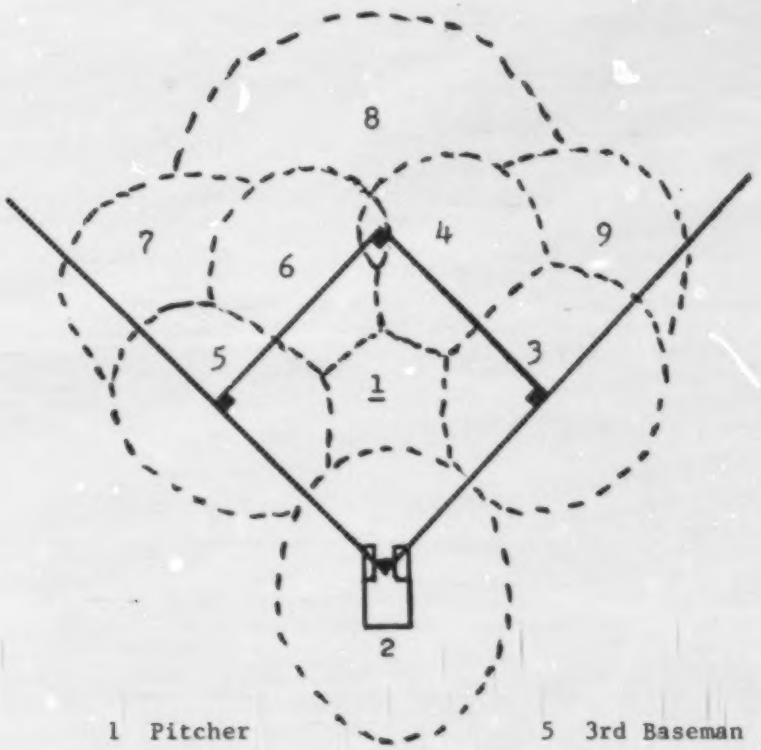
6. If there are less than two outs and a runner on third, the outfielder should move in to cover the short fly

c. Pitching - the battery should outsmart the batter.

1. A change of pace by the pitcher can worry a batter

2. It is smart to pitch low to a tall batter and high to a short batter

FIELDER'S AREA RESPONSIBILITIES



1 Pitcher
2 Catcher
3 1st Baseman
4 2nd Baseman
5 3rd Baseman
6 Shortstop
7 Left Fielder
8 Center Fielder
9 Right Fielder

3. It is best to pitch inside to a batter who crowds the plate and outside to a batter who stands away from the plate

4. Fast pitches are good to use against a batter who grips the bat at the very end

5. Pitch high to a batter who might bunt

d. Catcher

1. Must try to catch every pitch or at least stop it with the body

2. Always walk a runner on third back to that base

e. Fielders

1. Should have a planned method of backing up each other and stand at least 15 feet behind the player backed up

2. It is best to make the catch and tag one continuous motion

3. Fielders should call the ball to let the other fielders know of his intentions

4. A long hit should always be relayed and the player relayed to is either the shortstop or second baseman

f. Covering the bunt

1. To third - shortstop plays third so the third baseman can play the ball

2. To first - second baseman plays first, the shortstop covers second and the first baseman plays the ball.

g. Intentional walk - good tactic against a particularly good hitter

V. LEARNING ACTIVITIES

A. Recommended Warm Up Exercises

1. Lunge

Body Areas:	Thighs, hips
Position:	Stand, lean forward with weight over forward foot, other leg extended behind
Procedure:	Bounce 4 times on forward leg
Variation:	Change body direction

2. Stationary Run

Body Areas:	Ankles, legs
Position:	Stand erect with arms bent so forearms are parallel to floor
Procedure:	Run, lifting thighs high and parallel to floor

3. Way Back

Body Areas:	Hamstrings, waist
Position:	Stand erect, hands on hips
Procedure:	Count 1 - Bend over and touch toes Count 2 - Return to starting position Count 3 - Lean back, throwing arms over head Count 4 - Return to starting position

4. Alternate Leg Thrusts

Body Areas:	Legs, hips, arms
Position:	Front leaning, left leg extended back, right foot inside right hand in a squat position
Procedure:	Alternate position of the feet in a running pattern. Count 1 and 2

5. Sprinting

Body Areas:	Legs
Position:	Sprinting position
Procedure:	Sprint hard and fast for about 60 feet

6. Ball Throw

Body Areas:	Arms, shoulders
Position:	Opposite a teammate with a ball
Procedure:	Throw ball back and forth in an increasing distance to warm up arm

B. Lead up Games and Variations

1. Punch Softball - Regulation softball rules are used but the pitcher pitches a volleyball and the batter uses her fist.

2. Beatball - The batter throws the ball instead of hitting it and then runs the bases. The fielders must field the ball and throw it to first and then to the other bases in order trying to get the ball home before the runner. The runner is out if the ball beats him home.

3. Wrong-handed Softball - Regulation softball rules are used except the batter uses the opposite hand he is accustomed to using.

4. Barbara's Batting Contest - The batter is told by the umpire what kind of a hit is to be attempted; bunt, grounder, fly, etc. If the batter accomplishes the kind of hit requested, he scores a point, if not, no point. Batter is allowed five tries.

5. Soccer Softball - Regulation softball rules are used except the pitcher pitches a soccer ball instead of a softball and the ball is kicked not hit.

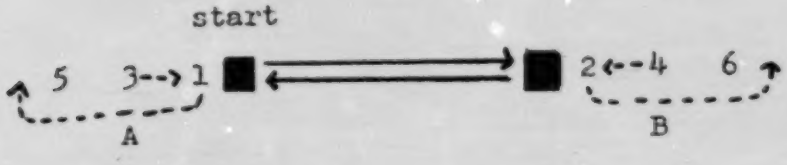
6. One Old Cat - This is played with one batter and two bases, first and home. When the batter hits a fair hit ball, he must run to first and then home before the ball is thrown to the catcher.

7. Bunt Ball - Regulation softball rules are used except only a bunt is used to get the batter on base. A bunt hit foul on the third strike puts the batter out as does a bunt to the outfielders.

8. Tennis Softball - Regulation softball rules are used except the pitcher uses a tennis ball instead of a softball and must deliver the ball so it bounces just in front of the plate so it crosses between the batter's knees and shoulders. The batter hits the ball with his hand and runs to first base or further if he can get there safely.

C. Drills and Skills Practice Techniques

1. Throwing, Catching, and Tagging - Form two squads of six to eight and line them up facing each other with a base in front of the squad. 1 throws to 2, and then goes to the end of the line. 3 replaces 1 immediately. 2 catches the ball and tags the base in front of the squad. 2 then throws the ball to 3 and goes to the end of the squad; etc.



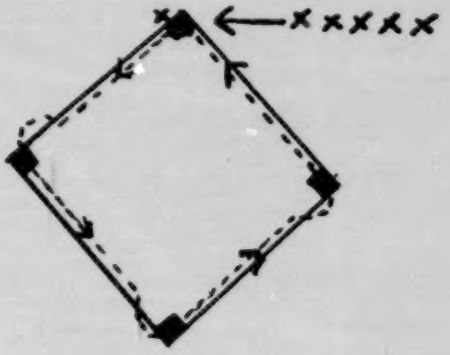
2. Batting - Form squads with a pitcher, catcher, and four or five fielders. The pitcher pitches five balls to the batter in increasing speed. The batter hits the pitches while being reminded of the correct hitting techniques. After the five pitches, the next batter takes his turn.

3. Batting and Fielding - Fungo hitting is where the batter throws the ball up to himself. This technique helps with place hitting. The batter can also hit the ball to particular fielders after describing a make believe situation involving baserunners.

4. Bunting - Form squads of six to eight including a pitcher, catcher, shortstop, first, second, and third basemen. The batter bunts five or six pitches trying to vary the line of direction. After five or six bunts, the next batter takes his turn; etc.

5. Running to First Base - Form a team of infielders excluding the catcher. The batter stands at home plate with the runner standing near him. The batter Fungo hits the ball and the runner runs as fast to first base as possible overrunning the base. The fielders field the ball and try to put the runner out. This is a good drill for base running, fielding, and throwing.

6. Base Running - The baserunners start running one after the other beginning at the batter's position and touch all the bases in order, finishing at home plate. This can be timed also.



D. Suggested Structure of Activities

1. Teaching of any subject can be approached in a number of ways:

Inductive Approach - Teaching the parts to the whole. Skills and rules for Softball are thoroughly explained, demonstrated, and practiced through drills and other activities before the student is moved into the actual game situation.

Deductive Approach - Teaching from the whole to the parts. Explanations, demonstrations, and drills are held to a minimum as concentration is on teaching an overview of softball. The student is moved more quickly into the game situation and drills and reviews accent the daily activities.

Combination of Deductive and Inductive Approaches - This combination of approaches allows the student to initially get an overview of the game and an understanding of the basic skills. When he is moved into the game situation, drills, demonstrations, and explanations are injected as a planned sequence and whenever the progress of the student indicates

a review or introduction of a new skill is necessary. This combination approach enables the student to see the relevance of the drills to his personal development concurrent with the building of physical skills necessary to play the game.

2. The purpose of the following grouping of material is written strictly as a point of reference. Teacher preference, shool facilities, group ability and group progress should dictate the sequence of presentation.

   a. Nature and value of softball

   b. Present basic skills

      1. Throwing

      2. Catching

      3. Batting

   c. Presentation of Game

      1. History

      2. Care and use of equipment

      3. Safety

      4. Playing courtesies

      5. Social values

   d. Individual skills

      1. Pitching

      2. Bunting

      3. Throwing to bases

      4. Base running

      5. Fielding

e. Rule knowledge and understanding

1. Pitching

2. Fair and foul balls

3. Batting

4. Strikes and balls

5. Outs and force outs

6. Infield fly rule

7. Third strike rule

f. Game situation strategy

1. Place hitting

2. Pitching

3. Hit and run

4. Covering and backing up

5. Fielders' positions and relaying

E. Recommended Resources for Teachers and Students

(Note: The following lists are not exhaustive, nor are they intended as recommendations for purchase. Each teacher should preview and evaluate materials before using them. Titles of films and filmstrips that may be ordered from Dade County Audio-Visual Services are followed by catalog numbers. Forms for ordering these materials may be obtained from the school's audio-visual representative.

1. Books - General

a. A.A.H.P.E.R. How We Do It Game Book. 3rd ed. Washington, D.C.: The Association, 1964.

b. Kneer, Marian (ed). Selected Softball Articles. Washington, D.C.: A.A.H.P.E.R., 1962.

-----And others. Softball. New York: Sterling Publishing Company, 1962.

-----And McCrod, Charles L. Softball. Dubuque: Wm. C. Brown Company, 1966.

c. Meyer, Margaret, and Schwartz, Marguerite, Team Sports for Girls and Women. 4th ed. Philadelphia: W. B. Saunders Company, 1966.

d. Noren, Arthur T. Softball, With Official Rules. 3rd ed. New York: Ronald Press Company, 1966.

e. Sullivan, George. The Complete Guide to Softball. Oklahoma City: Amateur Softball Association, 1966.

f. Vannier, Maryhelen, and Poindexter, Hally Beth, Individual and Team Sports for Girls and Women. 4th ed. Philadelphia: W.B. Saunders Company, 1964.

2. Books - Lead-up Games

a. Andrews, Gladys, and others. Physical Education for Today's Boys and Girls. Boston: Allyn and Bacon, 1960.

b. Blake, O. William, and Volp, Anne M. Lead-Up Games to Team Sports. Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1964.

3. Magazines, Guides and Bulletins

a. Athletic Journal. Athletic Journal Publishing Company, 1719 Howard Street, Evanston, Ill.

b. Balls and Strikes. Amateur Softball Association, Skirvin Tower, Park Ave. and Broadway, Oklahome City, Oklahoma.

c. Division of Girls and Women's Sports. Softball Guide. Washington, D.C.: A.A.H.P.E.R., N.E.A. Sales Publications. (Current every two years)

d. Journal of Health, Physical Education, Recreation. A.A.H.P.E.R., 1201 16th St., N.W.,Washington, D.C.

e. Scholastic Coach. Scholastic Magazines, Inc., 902 Sylvan Ave., Englewood Cliffs, N.J.

4. Films

a. Fundamentals of Softball Pitching. 20 min., sd., b&w. Rental $2. Moqull's 112 - 14th W. 48th St., Radio City, New York, N.Y.

b. 1966 National Tournament Highlights. 30 min., sd., color. Free loan. Amateur Softball Association of America, 1351 Skirvin Tower, Oklahoma City, Okla. 73101.

VI. EVALUATION PLANS

A. Skills Tests

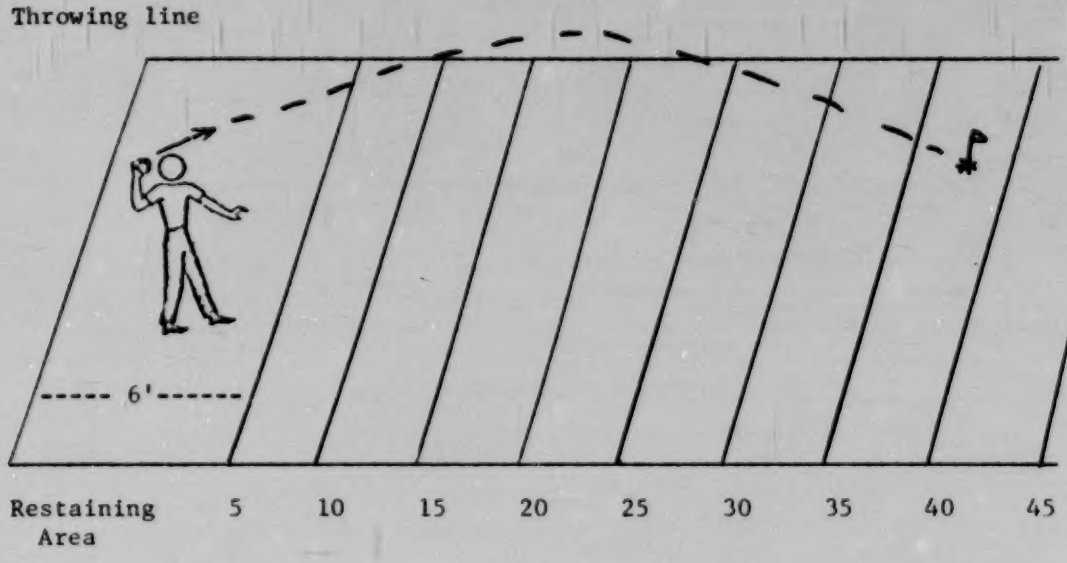
DISTANCE THROW

PURPOSE

To measure arm strength and ability to throw the ball long distances.

EQUIPMENT

Regulation softballs
Measuring tape
Stake markers
Field markings



Mark a restraining area of two parallel lines, six feet apart. Mark lines parallel to the restraining lines, five feet apart.

PROCEDURE

Player takes position in the restrainig area and throws the ball as far as possible with either hand at right angles to the throwing line. Retrievers mark the point of landing with a stake and roll back to throwing line. A second and third throw are taken and the stake moved accordingly to mark player's best throw. Only an overhand throw is to be used and player must not cross throwing line or that throw is not counted. Measure the best throw perpendicular to the throwing line.

SCORING

Record the best of the three trials to the nearest foot.

SOFTBALL
BASIC TEST I

	GIRLS			BOYS		
AGE	12-13	14-15	16-18	12-13	14-15	16-18
Excellent	112-up	118-up	117-up	178-up	217-up	253-up
Very Good	97-111	103-117	101-116	162-177	200-216	218-234
Average	61-96	65-102	62-100	117-161	151-199	166-217
Fair	53-60	55-64	53-61	104-116	134-150	152-165
Poor	Below 53	Below 55	Below 53	Below 104	Below 134	Below 152

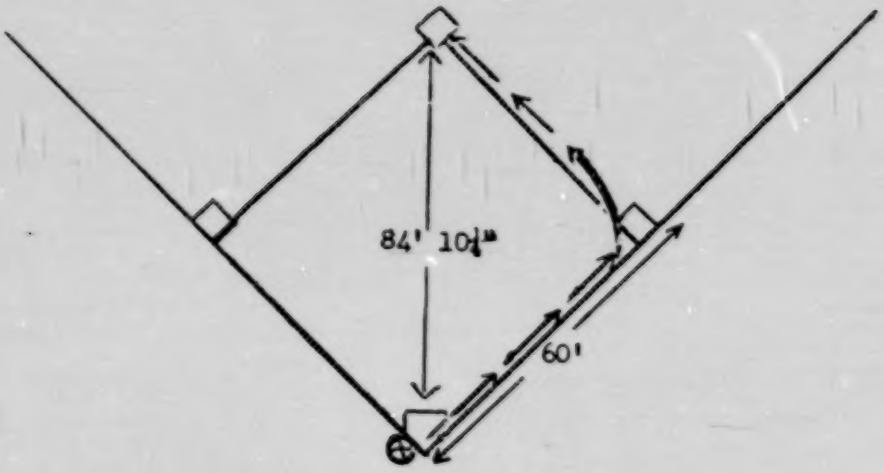
BASE RUNNING

PURPOSE

To measure speed in running from home plate to second base.

EQUIPMENT

Stop Watch
Home Plate
Two bases



Regulation softball diamond with bases 60 feet apart and distance from home plate to second base being 84 feet, 10 1/4 inches. Bases should be approximately 15 inches by 15 inches.

PROCEDURE

Runner stands at home plate with either right or left foot on back edge of home plate with the opposite leg extended behind the base. At the signal, "Ready, Go," runner runs to first base, touches it, and runs to second base. Watch is stopped when foot hits second base. A judge should be stationed at first base to see that base is touched. Each runner is given two trials.

SCORING

Time is recorded to the nearest tenth of a second. The better of two trials is recorded.

SOFTBALL
BASIC TEST II

	GIRLS			BOYS		
AGE	12-13	14-15	16-18	12-13	14-15	16-18
Excellent	6.4	6.7	6.2	6.5	6.0	5.0
Very Good	6.5-6.9	6.8-6.9	6.3-6.4	6.6-6.7	6.1-6.2	5.1-5.7
Average	7.0-8.1	7.0-8.1	6.5-7.3	6.8-8.0	6.3-7.0	5.8-7.4
Fair	8.2-8.5	8.2-8.7	7.4-7.6	8.1-13-4	7.5-7.8	7.1-7.4
Poor	8.6-up	8.8-up	7.7-up	8.4-up	7.9-up	7.5-up

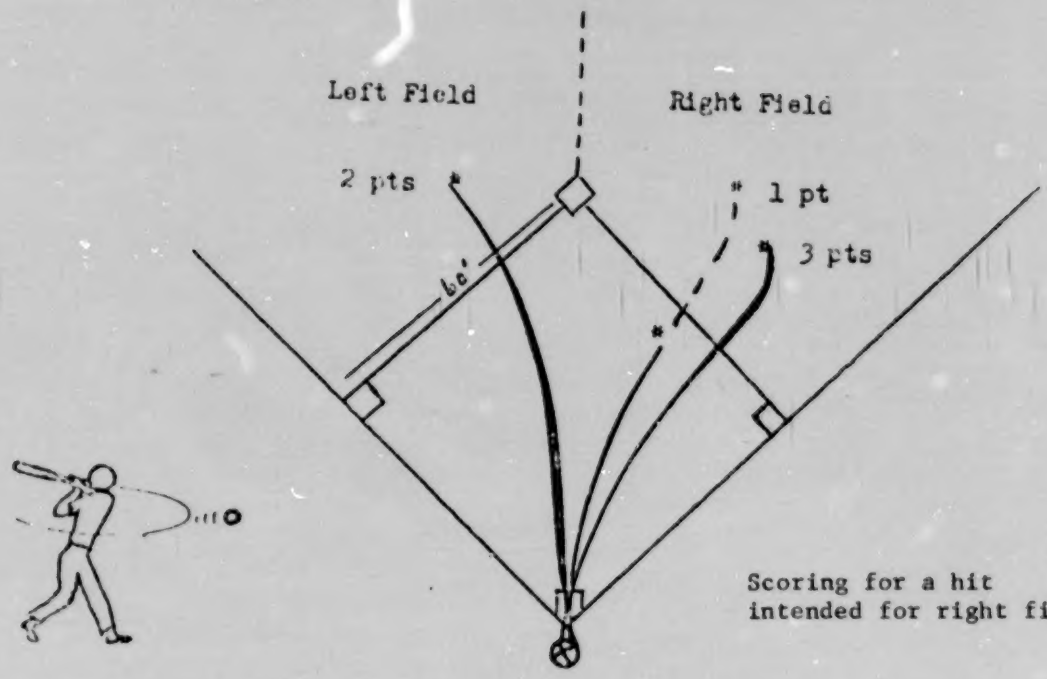
FUNGO BATTING

PROCEDURE

To measure ability to hit for distance a ball that is tossed by self.

EQUIPMENT

Softballs
Regulation bats
Regulation diamond
Field markings



Scoring for a hit intended for right field

Points are scored according to spot where the ball first touches the ground as indicated on diagram.

PROCEDURE

Player stands behind home plate with a ball and bat - tosses ball into the air and tries to hit a fly ball into the left field. Left-handed batters hit first ball into right field. He next tries to hit ball into opposite field. Player continues hitting alternatingly to the right and left fields for a total of ten hits. A ball missed entirely counts as a trial and does not score. Each time the bat touches the ball it counts as a trial, regardless of where it goes. Foul balls and balls failing to settle beyond the infield do not score. Two practice trials are allowed.

SCORING

3 Points - Fly ball LANDING beyond the base line on intended side.
2 Points - Fly ball hit into wrong field.
1 Point - Ground ball landing in the infield but settling beyond the base line in either field.

Total points scored for the ten trials are recorded.

SOFTBALL
BASIC TEST III (Points)

	GIRLS			BOYS		
	12-13	14-15	16-18	12-13	14-15	16-18
Excellent	14	15	16	17	19	19
Very Good	10-13	11-14	12-15	15-16	16-18	17-18
Average	5-9	6-10	7-14	9-14	9-15	15-16
Fair	3-4	4-5	5-6	7-8	6-8	8-14
Poor	Below 3	Below 4	Below 5	Below 7	Below 6	Below 8

SOFTBALL
OPTIONAL TEST V

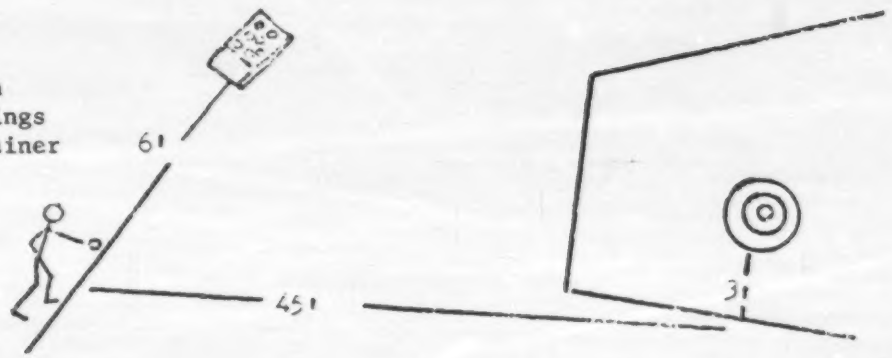
ACCURACY THROW

PURPOSE

To measure speed and accuracy of throwing

EQUIPMENT

Softballs
Stop watch
Wall markings
Ball container



Draw a target on the wall consisting of three concentric circles marked by lines one (1) inch wide. Center circle is two (2) feet in diameter (outside measurement), the next circle is four (4) feet in diameter, and the outer circle is six (6) feet in diameter. The bottom of the largest circle is three (3) feet above the floor (outside measurement). A throwing line is marked forty-five (45) feet from the target. Place container of balls six (6) feet to the left of the throwing line.

PROCEDURE

Player stands behind throwing line and at the signal, "Ready, Go," runs to the ball container, picks up a ball, returns to throwing line and throws at target. After each throw, player secures another ball and continues test for thirty seconds. Balls hitting on target lines count the higher points. If player fails to return to throwing line before throwing, any points scored do not count. Three warm-up throws are allowed and two trials of thirty seconds are given

SCORING

Balls hitting center circle count three (3) points, those hitting in next area count two (2) points and outer circle counts one (1) point. Score is total points tallied for each trial. The better score of the two trials is recorded.

SOFTBALL
OPTIONAL TEST IV

REPEATED THROWS

PURPOSE

To measure throwing power.

EQUIPMENT

Softballs (12 inch)
Flat wall space (at least 15 feet high)
Stop watch
Markings

Draw a line on the wall 7 1/2 feet from the ground. Mark a restraining line on the ground 15 feet from the wall and parallel to it.

PROCEDURE

Player stands behind the restraining line with ball and facing the wall. On the signal, "Ready, Go," the player throws the ball against the wall so that it hits above the 7 1/2 foot line, catches it, and repeats as may times as possible in thirty seconds. If ball gets out of control, it must be recovered and test continued from behind the restraining line. Any throws made while the player is on or over the line do not count. Two trials are given each player.

SCORING

One point is counted each time the ball hits wall on or above the 7 1/2 foot line, providing player was behind restraining line. The better score of the two trials is recorded.

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